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Research Article

CLINICAL EVALUATION OF *APAMARGA PRATI-SHARANIYA (TEEKSHNA) KSHARA* (LOCAL APPLICATION) *HARITAKI CHURNA* IN THE MANAGEMENT OF *ARSHA* (HEMORRHOIDS)

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ABSTRACT

Arsha (Hemorrhoids) is one of the most common conditions affecting peoples since time immemorial. The prevalence is equal in both sexes, peaks between the ages of 45 and 65 and declining thereafter. The main cause of hemorrhoids is constipation over a prolonged period of time and has to strain to pass stools, it can damage the lining of anal canal. *Sushruta* the Father of Surgery advocated four method of treatment of *Arsha*, which are *Bheshaja*, *Kshara*, *Agni* and *Shashtra*. Under *Sushrutas* operative procedure local application of *Pratisharaniya Kshara* in the prolapse piles mass helps to reduce pile mass effectively (*Ref.Su.Chi.6*). It is safe, cheap, effective, simple, easily approachable procedure and ambulatory treatment and the patients acceptability is good to overcome such problem. Aims & Objective is to evaluate the clinical efficacy of *Apamarga Pratisharaniya teekshna kshara* in the management of *Arsha*. & to evaluate the safety of *Apamarga Pratisharaniya teekshna kshara* in the management of *Arsha*. **Material and Methods:** 30 patients were enrolled for the study within a period of one year and *Teekshna pratisharaniya kshara* was applied on piles mass intra anally under operative procedure with the help of a instrument proctoscope. **Observation and result:** Reduction in the piles mass evident by Inspection/proctoscopy /Visual perception was observed remarkably. Bleeding and pain were also reduced remarkably in all the piles patient. 100% relief in bleeding, reduction of pile mass and total reduction in size of pile mass was recorded. Conclusion: Recently these Oldest technique advocated by *Sushruta* have been proven to be most effective and free from post-operative complications.

KEYWORDS: *Arsha*, Internal haemorrhoid, *Apamarga Pratisaraniya Kshara*, *Kshara Karma*, *Bheshaja*, *Kshara*, *Agni* and *Shastrakarma*.

INTRODUCTION

Arsha (Hemorrhoids) disease is the commonest problem which is seen in the anal region due to hereditary, anatomical deformities, physiological causes, diet, secondary to disease, pregnancy etc. A large database survey conducted in the United States and England found a prevalence of approximately 4%. *Sushruta* has described fourfold method of treatments of *Arsha* (*Su. Ci. 6*), which are *Bheshaja*, *Kshara*, *Agni* and *Shashtra*. *Sushruta*, the Father of Surgery advocated local application of *Pratisharaniya Kshara* in the prolapse piles mass in order to shrink the prolapse piles mass effectively. It is safe, cheap, effective, simple, easily approachable procedure and ambulatory treatment and the patient's acceptability is good to overcome such problem. In the present study 30 patients were enrolled for study.

Material & Methods

Study Type : Interventional
Level of Study : OPD level
Purpose : Treatment
Masking : Open label
Control : Not controlled
Timing : Prospective
End Point : Efficacy and Safety
No. of Groups : One
Number of Patients to be completed in the clinical trial (Sample Size): 30
Criteria of Examination and Assessment:
Inclusion Criteria
1. Patients of either sex aged 16-60 years.
2. Presence of External and Internal *Arsha* (Hemorrhoids) confirmed by clinical/proctoscopic/examination (With or without bleeding / painful or painless).

- Willing and able to participate in the study for 04 weeks

Exclusion Criteria

- Age below 15 years & above 60 years
- Thrombosed & Strangulated pile mass (Hemorrhoids)
- Bleeding diathesis
- Cirrhosis of Liver- Portal hypertension
- Ulcerative colitis / Crohn's disease
- Patients with evidence of malignancy
- Patients on prolonged (> 6 weeks) medication with corticosteroids, antidepressants, anticholinergics, immunosuppressants, estrogen replacement therapy etc. or any other drugs that may have an influence on the outcome of the study.
- Patients suffering from major systemic illness necessitating long term drug etc.

Preparation procedure of Apamarga Pratisharaniya Tikshana Kshara

- Taken Apamarga Panchanga as per pharmacopoeial quality.
- Cut plant of *Mustaka* and *Tilanalala* and made into small pieces. Dry well. Burn to the Ash.
- Burn the *Kutaja*, *Palasha*, *Ashvakarna*, *Paribhadra*, *Bibhitaka*, *Aragvadha*, *Tilvaka*, *Arka*, *Snuhi*, *Apamarga*, *Patala*, *Naktamala*, *Vasa*, *Kadali*, *Chitrka*, *Putika*, *Indravriksha*, *Asphota*, *Ashvamaraka*, *Saptaparna*, *Agnimantha*, *Gunja* and four types of *Koshataki* with root, fruit, leaves and branches same as *Mustaka* and *Tilanalala*.
- Taken prepared ash in *Drona* (12.228 kg) quantity and dissolved it in 6 *Drona* (73.368 lit) water or cow urine.
- Next morning, decant the clear liquid, filter it 21 times through muslin cloth. Transfer the filtered material to stainless steel vessel and heat to evaporate the water or urine.
- When it becomes clear, red, slimy, it should be strained through muslin cloth and again subjected to heat.
- Portion weighing 192 ml should be taken out.
- 8 Pala (384 gm) each *Katasharkara*, *Bhasma-sharkara*, *Kshirapaka*, *Shankhanabhi* after heating red, should be macerated in iron pan with same *Ksharodaka*. Put it in *Ksharodaka* and heat carefully till it becomes neither too thick nor too thin.
- Add powder of *Danti*, *Dravanti*, *Chitraka*, *Langali*, *Putika*, *Talapatri*, *Vida*, *Suvarchika*, *Kanakshiri*, *Hingu*, *Vacha* and *Ativisha* equally in 24 gm as per availability. Heat it well.

Sample Selection: The study was included 30 patients of Piles attending the OPD/IPD of CARIDD, Kolkata. Patients having sign and Symptoms of

Hemorrhoids and Confirmed by DRE/Proctoscopy. Patients of hemorrhoids were randomly selected for the study.

Interventions

Apamarga Pratisharaniya Teekshna Kshara

Dose: Local application, 5-10 gms (QS) Once weekly (maximum for two weeks) keeping the *Kshar* for 100 seconds and then wash the Anal canal with sufficient quantity of lemon juice.

Position: Lithotomy position in OT

Route of Administration: Intra Anally

Time of Administration: Weekly once maximum for two weeks.

Duration of therapy: 2 weeks

Level of Study: OPD/IPD

Note: Patient may be guided regarding *Pathya* / *Apathya* regimen by the Investigator.

(As constipation is one of the major cause of development of Piles, hence *Haritaki churna* may be administered orally along with this above intervention)

Haritaki Churna (API Part-1, Vol-1, Vaishaya ratnavali 19/9 and 45/23)

Dose: 3-6 gms

Dosage form: *Churna* (Powder)

Route of Administration: Oral

Time of Administration: At Bed Time

Anupan : *Sukhoshna Jal* (Lukewarm water)

Method of Application: Not Required

Duration of Therapy: 2 weeks.

Assessment Criteria

Table 1: Showing assessment criteria of pain

Pain	Criteria	Grade
	No pain	0
	Mild	1
	Moderate	2
	Severe	3

Table 2: Showing assessment criteria of Bleeding and other symptoms

S.No	Parameter	Criteria	Grade
1	Bleeding	Absent	0
		Present	1
2	Burning sensation	Absent	0
		Present	1
3	Itching	Absent	0
		Present	1
4	Reduction of piles mass	Absent	0
		Present	1
5	discharge	Absent	0
		Present	1

Observation and Result**Table 2: Age-wise distribution of patients of Piles treated with *Apamarga Pratisharaniya teekshna Kshara***

Sl. No.	Age (years)	No. of cases	Percentage
1	15 -20	03	10
2	21-30	11	36.6
3	31-40	08	26.6
4	41-50	05	16.6
5	51-60	03	10
	Total	30	100%

Total 30 patients participated in the study. Out of this 3 patients are of belong to 15 to 20 years of age. 11 patients are of belong to 21 to 30 years of age.

Table 3: Sex-wise distribution of patients of piles treated with *Apamarga kshara*

Sl. No.	Sex	No. of Cases	Percentage
1	Male	24	80
2	Female	06	20
	Total	30	100

In this study total male 24 and 06 female patients participated.

Table 4: Distribution of patients of Arsha according marital status treated with *Apamarga kshara*

Sl. No.	Marital Status	No. of patients	Percentage
1	Married	21	70
2	Unmarried	9	30
3	Widow	0	0
	Total	30	100

In this study marital status of the study was analysed and found that 21 are married and 9 patients are unmarried.

Table 5: Distribution of patients of Arsha according to occupation treated with *Apamarga Kshara*

Sl.No.	Occupation	No. of Cases	Percentage
1	Sedentary	18	60
2	Nonsedentary	12	40
	Total	30	100

Table 6: Distribution of patients of piles according to Diet treated

Sl. No.	Diet	No. of Cases	Percentage
1	Veg	04	13.3
2	Non-Veg	26	86.6
	Total	30	100

Table 7: Distribution of patients of Arsha according to duration of diseases (Yrs)

Sl. No.	Duration of disease in yrs	No. of Cases	Percentage
1	<1	21	70
2	1-2	3	10
3	2-3	2	6.66
4	>3	4	13.3
	Total	30	100%

Table 8: Showing distribution of patients according to position of pile mass: Distribution of patient's of Arsha according to No. of Piles masses

Sl. No.	No. of Piles masses	No. of Cases	Percentage
1	1	2	6.66
2	2	4	13.3
3	3	20	66.66
4	>3	4	13.3
	Total	30	100

In the present study, 20 patients suffering from piles having more than three piles masses

Table 9: Distribution of patient of Arsha according to situation

Sl. No.	Situation	No. of Cases	Percentage
1	External	06	20
2	Internal	24	80
	Total	30	100

In these series maximum 12 (60%) patients had second Degree Hemorrhoids followed by 8 (40%) patients had third degree hemorrhoids.

Table 10: Showing distribution of patients according to position of pile mass

Position of piles mass	No. of Piles mass
3,7,11,0'clock position	20
3,70'clock	04
7,11,0 clock position	01
3,11,0 clock position	02
3,0'clock position	1
7,0 clock position	1
11,0'clock position	1

In this series a maximum 20 patients had pile mass at 3, 7 & 11 O'clock position followed by 4 had pile mass at 3 & 7 O'clock, 3 patients had pile mass at 7 & 11 O'clock position, 2 patients had pile mass at 3 & 11 O'clock position, 2 patients had pile mass at 3 O'clock

position, 1 patients had pile mass at 7 O'clock position.

Table 11: Distribution of patients of Arsha (According to Ayurvedic Classification.) treated with Apamarga Kshara

Sl. No.	Type of Fistula	No. of Cases	Percentage
1	Vataj	6	20
2	Pittaj	7	23.3
3	Kaphaj	2	6.66
4	Raktaj		
5	Sannipataj	15	50
6	Sahaj	00	0
	Total	30	100

On assessing *Prakriti*, it was found that maximum 14 (70%) patients were of *Vata-Pitta Prakriti*, 5 (25%) patients were of *Kapha-Pitta Prakriti* and 1 (5%) patients were of *Vata-Kapha Prakriti*.

Table 12: Distribution of patient of Arsha according to Classification

Sl. No.	Prakriti	No. of Cases	Percentage
1	Ist degree	3	10
2	2nd degree	23	76.66
3	3rd degree	3	10
4	4th degree	1	3.3
	Total	30	100

In the present study, 23 patients suffering from 2nd degree. 3 patients had 1st degree and 3 patients had 3rd degree piles.

Table 13: Complications of Arsha patients treated with Apamarga Kshara: In this study No complication was observed during the period.

Sl.No.	Grades/ Group	No. of cases	Percentage
1	Abscess	0	0
2	Post-Gangrenous state	0	0
3	Incontinence	0	0
4	Fibrosis	0	0
5	Recurrence	0	0
6	Other complications	0	0
	Total	30	100

In this study 24 patients have shown good response to this study. No complication was observed and all are satisfied with this novel study.

Table 20: Response wise distribution of 30 patients of Piles treated with Apamarga teekshna Kshara

Sl. No.	Response	No. of cases	Percentage
1	Good	24	80
2	Fair	04	13.3
3	Poor	02	6.66
4	No	00	0
	Total	30	100

Table 21: Shown the Result

Different symptoms	BT	AT	Result
Pain	24	21	87.5
Bleeding	16	15	93.75
Reduction of piles mass	21	18	85.71
Uneasy and discomfort	30	25	83.3
Itching	26	26	100

DISCUSSION

The prevalence of *Arsha* (Hemorrhoids) is approximately 4% which is equal in both sexes, peaks between the ages of 45 and 65 and declining thereafter. The main cause of hemorrhoids is constipation over a prolonged period of time and have to strain to pass stools, it can damage the lining of anal canal.^[1-4] *Sushruta* the Father of Surgery advocated four method of treatment of *Arsha*, which are *Bheshaja*, *Kshara*, *Agni* and *Shastra*. Under *Sushruta's* operative procedure local application of *Pratisharaniya Kshara* in the prolapse piles mass helps to reduce pile mass effectively.^[5,6] It is safe, cheap, effective, simple, easily approachable procedure and ambulatory treatment and the patients acceptability is good to overcome such problem.^[7] The preparation of *Pratisharaniya kshara* is very difficult. The criteria of assessing the correct potency of *Pratisharaneeya Kshara* are getting "*Pakwa Jambuphala Sadrusha Varna*" of red pile mass within *Shatamatrakala* (approximately two minute). Its usage in *Kshara* preparation is told by *Sushruta*. The pH value of alkali range from 7 to 14. The *Kshara karma* is a cost effective Para surgical procedure which requires minimum hospital stay with less recovery time, low recurrence.

Mode of Action of Pratisharaneeya Kshara

It acts on haemorrhoids in two ways by cauterizing the pile mass directly because of its *Ksharana Guna* (corrosive nature) and it coagulates protein in haemorrhoidal plexus. The coagulation of protein leads to disintegration of haemoglobin into haem and globin. Synergy of these actions results in decreasing the size of the pile mass and causes necrosis of the tissue in the haemorrhoidal vein. This

necrosed tissue slough out as blackish brown discharge within 7 to 14 days. The tissue becomes fibrosed.

CONCLUSION

On the basis of the effects it can be said that the application of *Apamarga Pratisaraniya Kshara* are effective in bleeding, pain, burning and sloughing of the pile mass. *Apamarga Pratisaraniya Kshara* can be used effectively in internal haemorrhoids. Postoperative pain and burning pain reduces remarkably and also reduces size of the pile mass so those patients do not complains of prolapse of pile mass in future. Study concludes that *Apamarga Pratisaraniya kshara* in controlling bleeding, pain, burning and in reducing size of pile mass.

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